Low Protein Crumpets



Makes 17 Crumpets

Ingredients

1 tbsp brown sugar
½ tsp bicarb soda
1 teaspoon dried yeast/ the yeast pack from the all purpose mix
240g low protein mix of choice
200-240mls warm water

Method

1. Mix the dry ingredients all together
2. Pour the warm water into the dry ingredients and mix well so theres no lumps. Add more water if its too thick.
3. Cover and leave to prove for 30 minutes.
4. Spray some oil into a hot frying pan aswell as on the circular egg rings.
5. Over low/medium heat, place 1 tablespoon of mixture into each egg ring. As the batter is sticky it helps to wet the fingers and usefingers to spread the mixture out to the edges of the egg ring.
6. Once bubbles start forming on top, use tongs to take off the rings and turn over to the other side and cook for a few minutes.
7. Serve with butter or jam!

Suitable for freezing.

Thanks to Pauline @the_pku_nana on Instagram for sharing this recipe with us!